

# Active August Fitness Challenge 2023



Take this challenge as an opportunity to improve your fitness and reshape your body by working every major muscle group every day. The goal is to get stronger and fitter by sticking to your goals! Train to your fitness level (modifications can be made to any exercise). To inquire about alternate exercises, speak with one of our Personal Trainers today!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Lunge Challenge (goal 25-50)	2 "Your Choice" (make it a rest day or take a mini challenge for time)	3 Move a Mile Challenge (run, walk, bike, etc. - just get moving for at least 30 minutes)	4 Plank Challenge (goal 30 seconds-3 minutes)	5 "Your Choice" (make it a rest day or take a mini challenge for time)
6 Push-up Challenge (goal 50-100)	7 Abs Challenge (goal 50-100)	8 Lunge Challenge (goal 25-50)	9 "Your Choice" (make it a rest day or take a mini challenge for time)	10 Move a Mile Challenge (run, walk, bike, etc. - just get moving for at least 30 minutes)	11 Plank Challenge (goal 30 seconds-3 minutes)	12 "Your Choice" (make it a rest day or take a mini challenge for time)
13 Push-up Challenge (goal 50-100)	14 Abs Challenge (goal 50-100)	15 Lunge Challenge (goal 25-50)	16 "Your Choice" (make it a rest day or take a mini challenge for time)	17 Move a Mile Challenge (run, walk, bike, etc. - just get moving for at least 30 minutes)	18 Plank Challenge (goal 30 seconds-3 minutes)	19 "Your Choice" (make it a rest day or take a mini challenge for time)
20 Push-up Challenge (goal 50-100)	21 Abs Challenge (goal 50-100)	22 Lunge Challenge (goal 25-50)	23 "Your Choice" (make it a rest day or take a mini challenge for time)	24 Move a Mile Challenge (run, walk, bike, etc. - just get moving for at least 30 minutes)	25 Plank Challenge (goal 30 seconds-3 minutes)	26 "Your Choice" (make it a rest day or take a mini challenge for time)
27 Push-up Challenge (goal 50-100)	28 Abs Challenge (goal 50-100)	29 Lunge Challenge (goal 25-50)	30 "Your Choice" (make it a rest day or take a mini challenge for time)	31 Move a Mile Challenge (run, walk, bike, etc. - just get moving for at least 30 minutes)		